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It's Powerful:
Helps to relax
the muscles of
the digestive

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tract and reduce
spasms. Chaga.

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Soothen, Blood
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Nourish Tea, or
delight in more
lighthearted and
seasonal blends
like Cardamom
Rose Chai,
Chocolatl, and
Lemon Ginger
Iced Tea.
Seasonal Health

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Specially . . .

Best 15

Medicinal Teas
for Healing and
Health 1.

Elderflower. As
the name

implies,

elderflower tea
comes from the
flowers of the

elder tree. They
can be used

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dried or . . . 2.

Peppermint.

Peppermint tea is perhaps one of the best teas you can drink when you are suffering from bloating, gas, . . . 3. . .

Best 15

Medicinal Teas
for Healing and

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In addition to being delicious, some herbal teas have health-promoting properties. In fact, herbal teas have been used as natural remedies for a variety of ailments for hundreds of

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simple. We
believe that
everyone should
have access to
the healing
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around them.

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Supplements when
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apothecary in
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or even in your
yard. We
demystify herbal
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Experiences

Nature's 9 Most
Powerful

Medicinal Plants
and the Science
Behind Them.

Gingko. Rating

Safety: 3/5

Evidence: 3.5/5.

Turmeric. Rating

Safety: used as

an herb: 5/5;

used as a

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Supplement: 4/5

Evidence: 3/5.

Evening primrose
oil. Rating

Safety:

topically:

4.5/5; orally:

3/5 Evidence:

3/5. Flax seed.

Ailments

9 Most Powerful

Medicinal Plants

and Herbs,

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Backed by Science

Healing herbs
are specialist
Bach flower
essence makers.
We make every
essence

according to the
original
directions of Dr
Edward Bach
taking
exceptional care

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best quality
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Herbal healing remedies made from local plants are used for everything from curing the sick to preparing women for childbirth. Mindfully using herbs and spices for medicine and food strengthens your connection

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They empower you
to nurture and
care for
yourself
naturally.

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Health: Natural
Herbal Healing
Basics

25 Healing Herbs
You Can Use
Every Day.

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Nature's Learn To

medicine. There
are times when
it might be

smarter to use
an herbal remedy
than a
pharmaceutical.

For example,
sometimes an
herb offers a
... Ashwagandha.

Black Cohosh.

Calendula.

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Catnip. Learn To
Blend 101
25 Healing Herbs
You Can Use
Every Day -
Prevention

Even novice
gardeners can
concoct simple
home remedies
such as teas and
salves using
Bredeesen's list
of the top nine

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easy-to-grow
medicinal herbs.

Calendula
(Calendula
officinalis)

Calendula is...

10 Simple Herbal Remedies from Your Garden

This herbal face
mask recipe

features
demulcent or

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Mucilage-rich
herbs which are
naturally
moisturizing and
help to balance
the drying
elements of the
season. Five-

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Health Benefits

of Tea: Green,

Black, and White

Tea Tea is a

name given to a

lot of brews,

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Teas but purists To
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Benefits - WebMD
Violet is one of
the herbal tea

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Remedies for To

severe

headaches. When

it is used in

combination with

other herbs, it

can also be made

into poultices

for cancer,

ulcers, and

bedsores, or

ointments for an

itch. Violet is

also an

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effective anti-inflammatory
that can help
relieve

bronchitis,
joint and muscle
inflammation,
and skin rashes.

Common
30 Types of
Herbal Teas (and
Their Amazing
Health Benefits)

Peppermint is

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another popular herb for digestion and gut health. It helps to relieve stomach pain, spasms, cramps, indigestion, constipation, and IBS.

Peppermint is also helpful for relieving bloating and

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gas, while also protecting and healing the gut. Peppermint tea is a popular herbal tea to drink after meals.

10 Herbs for Gut Health | Natural Health Maven

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Teas Learn To
the healing
power of herbs
through the
simple,
satisfying
process of
blending your
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Promote healing
and balance with
remedies like
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Soother, Blood

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Nourish Tea, or
delight in more
lighthearted and
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like Cardamom
Rose Chai,
Chocolatl, and
Lemon Ginger
Iced Tea.
And Immune
Support

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